

## Helping our children to deal with their worries and anxious thoughts



A series of 3 sessions provided by Bracknell Family Learning Team to give parents/carers some great ideas and resources to use with their children.

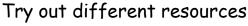
- What to do when your child gets anxious
- Lots of ideas to help your child to be more confident and relaxed

 Make & Take - things to make and do with your child to give them helpful tools and techniques



Ideal for helping children with anxiety, or sleep issues





A chance to chat and ask questions

Tuesday	Tuesday	Tuesday
7/11/23	14/11/23	21/11/23
9-11am	9-11am	9-11am

Please speak to Mrs Payne: <u>DPayne@birchhillprimaryschool.co.uk</u> if you require further information or would like to reserve a place for you and your child.

Limited spaces available